



**ACCEPTANCE CHALLENGE**  
**VIRTUAL MOVEMENT**

*A Physical and Social Movement for Acceptance*



# VIRTUAL MOVEMENT CHALLENGES

## MAY 1 -31

During the month of May, commit to being active & move for acceptance. Make a personal plan & hold yourself accountable. Track your progress on the calendar provided. Raise funds for Virtual Playhouse families and free programs. Share your achievements and root each other on in our private Facebook group.

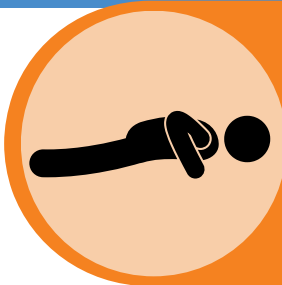


### 1. 20-49 Miles Challenge

Increase stamina. Walk, run, bike, hike, swim, kayak or move for a total of 20-49 miles during May. Encourage people to pledge \$1, \$5, etc. donation per mile.

### 2. 50-100 Miles Challenge

Increase endurance. Bike, hike, swim, paddle, or move for a total of 50-100 miles during May. Encourage people to pledge \$1, \$5, etc. donation per mile.



### 3. 500-1,000 Push Ups Challenge

Strengthen your arms! Commit to doing 500 - 1,000 push ups in May. Encourage people to donate \$0.05, \$0.10, \$0.25, etc. per push up.

### 4. 50 Minutes of Planks Challenge

Focus on your core! Commit to achieving a total of 50+ minutes of plank time in May. Encourage people to donate \$1, \$5, etc. per minute.



### 5. Make your own Challenge

Make a custom challenge that fits your personal goals and life style. Invite friends to join you in movement or for a hike. Schedule your own Acceptance event or activity with your team.



Down Syndrome Achievement Centers  
educate. inspire. believe.

Virtual Playhouse

GiGi's Virtual Playhouse  
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